

# Self-Sufficiency

DIVISION



**Help for you, your family, your neighbors, your community.**

Provides employment services and public assistance to help individuals and families become self-sufficient and secure a more stable family life.

### **Employment Services**

Helps job seekers prepare and find work through a variety of services including employment workshops, occupational skills training, and job search assistance.

### **Temporary Assistance for Needy Families (TANF)**

Provides temporary cash assistance to low-income families with children under 18 years old.

### **Virginia Initiative for Employment not Welfare (VIEW)**

Helps parents who are receiving TANF prepare to enter, succeed and advance in the workplace.

### **Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamps)**

Provides a bank card to low-income individuals and families that is used at grocery stores to buy food.

### **Medicaid or FAMIS-Plus Program**

Helps with medical care for low-income elderly, blind and disabled individuals; pregnant women; needy children and their caretakers; and refugees when they first enter the U.S.

### **Family Access to Medical Insurance Security (FAMIS) Program**

Medical coverage for children whose families have no other health insurance and whose incomes, although low, exceed the income requirements for Medicaid/FAMIS-Plus.

### **Energy Assistance Program**

Helps low-income households pay their heating and cooling bills.

### **General Relief Program**

Provides a monthly check to low-income, temporarily disabled adults, and to needy children living with non-relatives.

## **OUR LOCATIONS**

### **Fairfax**

The Pennino Building

12011 Government Center Parkway

Fairfax, VA 22035

703-324-7500; TTY 703-222-9452

### **Falls Church**

Human Services Center

6245 Leesburg Pike

Falls Church, VA 22044

703-533-5300; TTY 703-533-5316

### **Reston**

Lake Anne Office Building

11484 Washington Plaza West

Reston, VA 20190

703-787-4900; TTY 703-707-9346

### **Richmond Highway /**

### **Alexandria Area**

South County Government Center

8350 Richmond Highway

Alexandria, VA 22309

703-704-6353; TTY 703-799-3435

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